

# Front Street **FITNESS**

POWERED BY OHIOHEALTH

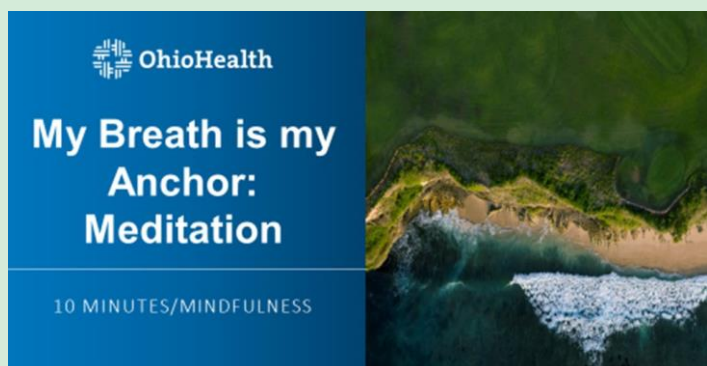
CITY EMPLOYEE FITNESS CENTER

**Did you know our On-Demand Library features guided meditation?**

[Click here to listen](#)

## **My Breath is my Anchor**

Megan guides you to recharge your mind using your breath to harness the power of your attention. No equipment or video access is needed, however a quiet space is recommended.



**Live  
Virtual Education**

## **Building Resiliency**

**Wednesday, December 21<sup>st</sup>  
12-1pm**

This session looks at practical strategies to help manage stress and anxiety.

[Register here](#)

**FRONT STREET FITNESS**  
*Powered by OhioHealth*

**Open Daily**

5:00 AM – 8:00 PM

614-645-3979

FSFitness@columbus.gov



## **December 1- 31**

- Participate in health & wellness activities
- Experience new things & keep moving over the holiday season
- Complete one 5-square BINGO (vertical, horizontal, or diagonal ONLY).
- Enter raffle with a chance to receive a prize

**Be on the lookout from an email from the fitness team with your BINGO card!!! BIN-GO Have fun getting those BINGOs!**

***Pomegranates for the  
Holiday Cooking Demo  
Thursday, Dec 15  
12-12:45pm***



**Mariah is back with another LIVE COOKING DEMO!**

Two pomegranates, three recipes! That's right, we'll take two of these seasonal superfoods and turn them into a holiday salsa that you can use 3 different ways to elevate your appetizer or side dish game. [Register here](#)